

CONTENTS OF VOLUME 21

Volume 21, No. 1, 1989

Clinical Sciences

Clinical Investigations

Telethermographic evaluation of NSAIDs in the treatment of sports injuries <i>Ezio Giani, Lidio Rocchi, Antonio Tavoni, Mauro Montanari, and Ubaldo Garagiola</i>	1
Influence of dietary iron source on measures of iron status among female runners <i>Ann C. Snyder, Linda L. Dvorak, and Judith B. Roepke</i>	7
Ventilatory control during exercise in children with mild or moderate asthma <i>Michèle Ramonatxo, Francis A. Amsalem, Jacques G. Mercier, Roger Jean, and Christian G. Prefaut</i>	11
Effects of low- and moderate-intensity training in spinal cord-injured persons <i>Steven P. Hooker and Christine L. Wells</i>	18
Pressure distribution in Morton's foot structure <i>M. M. Rodgers and P. R. Cavanagh</i>	23
Exercise reverses depressed metabolic rate produced by severe caloric restriction <i>Paul A. Molé, Judith S. Stern, Cynthia L. Schultz, Edmund M. Bernauer, and Bryan J. Holcomb</i>	29

Basic and Applied Sciences

Original Investigations

Naloxone does not affect muscle blood flow during low intensity exercise in rats <i>Sondra J. Mohrman, D. Fred Peterson, and M. Harold Laughlin</i>	34
Exercise training bradycardia: the role of autonomic balance <i>Michael L. Smith, Donna L. Hudson, Howard M. Graitzer, and Peter B. Raven</i>	40
Oxidation of corn starch, glucose, and fructose ingested before exercise <i>Charles Yannick Guezennec, Pascale Satabin, François Duforez, Danièle Merino, François Peronnet, and Joseph Koziet</i>	45
Gastric emptying during prolonged cycling exercise in the heat <i>A. J. Ryan, T. L. Bleiler, J. E. Carter, and C. V. Gisolfi</i>	51
Metabolism and performance following carbohydrate ingestion late in exercise <i>Andrew R. Coggan and Edward F. Coyle</i>	59
Lower vertebral bone density in male long distance runners <i>Jo Ellen Bilanin, M. Suzette Blanchard, and Estelle Russek-Cohen</i>	66
Muscle genetic variants and relationship with performance and trainability <i>Claude Bouchard, Monique Chagnon, Marie-Christine Thibault, Marcel R. Boulay, Martine Marcotte, Claude Cote, and Jean-Aime Simoneau</i>	71
Ten kilometer performance and predicted velocity at $\dot{V}O_{2max}$ among well-trained male runners <i>Don W. Morgan, Fred D. Baldini, Philip E. Martin, and Wendy M. Kohrt</i>	78
Specificity of limited range of motion variable resistance training <i>James E. Graves, Michael L. Pollock, Arthur E. Jones, Andrea B. Colvin, and Scott H. Leggett</i>	84
Physiological responses to nine different exercise:rest protocols <i>Douglas L. Ballor, M. Daniel Becque, Charles R. Marks, Karen L. Nau, and Victor L. Katch</i>	90
Impact of total body water fluctuations on estimation of body fat from body density <i>Joy C. Bunt, Timothy G. Lohman, and Richard A. Boileau</i>	96
Generalized equation for predicting body density of women from girth measurements <i>Zung Vu Tran and Arthur Weltman</i>	101
Isokinetic strength and body composition of high school wrestlers across age <i>Terry J. Housh, Glen O. Johnson, Roger A. Hughes, Dona J. Housh, Rommie J. Hughes, Andrew S. Fry, Kathryn B. Kenney, and Craig J. Cisar</i>	105
Asymmetries in ground reaction force patterns in normal human gait <i>Walter Herzog, Benno M. Nigg, Lynda J. Read, and Ewa Olsson</i>	110

Letters to the Editor-in-Chief

Letter to the Editor-in-Chief <i>Robert S. Hutton</i>	115
Letter to the Editor-in-Chief <i>Sandra M. Condon</i>	116
Response <i>Bruce Etnyre and Lawrence D. Abraham</i>	117

Information for Authors	i
Policy Statement Regarding the Use of Human Subjects and Informed Consent	v
Policy Statement of the American College of Sports Medicine on Research with Experimental Animals	vi

Volume 21, No. 2, 1989

Editorial	119
-----------------	-----

Clinical Sciences

Clinical Investigations

Nutritional, physiological, and menstrual status of distance runners <i>Susanne Kaiserauer, Ann C. Snyder, Mark Sleeper, and Juleen Zierath</i>	120
Women's soccer injuries in relation to the menstrual cycle and oral contraceptive use <i>Jesper Möller-Nielsen and Mats Hammar</i>	126
Running-related injury prevention through innate impact-moderating behavior <i>Steven E. Robbins, Gerard J. Gouw, and Adel M. Hanna</i>	130

Basic Sciences/Regulatory Physiology

Original Investigations

Decreased glucose uptake in the fetus after maternal exercise <i>Judith L. Treadway and John C. Young</i>	140
Training responses of plasma beta-endorphin, adrenocorticotropin, and cortisol <i>William J. Kraemer, Steven J. Fleck, Robin Callister, Marilyn Shealy, Gary A. Dudley, Carl M. Maresh, Louis Marchitelli, Charles Cruthirds, Tom Murray, and Jeffrey E. Falke</i>	146
Enkephalin metabolism: effect of acute exercise stress and cardiovascular fitness <i>Margaret A. Jaskowski, Allen S. Jackson, Peter B. Raven, and James L. Caffrey</i>	154
Decrease in resting plasma beta-endorphin/lipotropin after endurance training <i>Dennis D. Lobstein and A. H. Ismail</i>	161
Effect of intravenous caffeine on muscle glycogenolysis in fasted exercising rats <i>Josephine Arogyasami, Hsiao T. Yang, and William W. Winder</i>	167
Effect of caffeine on glycogenolysis during exercise in endurance trained rats <i>Josephine Arogyasami, Hsiao T. Yang, and William W. Winder</i>	173
Relation of plasma volume change to intensity of weight lifting <i>Mitchell A. Collins, Kirk J. Cureton, David W. Hill, and Chester A. Ray</i>	178
Effects of a belt on intra-abdominal pressure during weight lifting <i>Everett A. Harman, Richard M. Rosenstein, Peter N. Frykman, and George A. Nigro</i>	186
Metabolic and cardiorespiratory responses relative to the anaerobic threshold <i>Thomas M. McLellan and Gregory C. Gass</i>	191

Applied Sciences

Original Investigations

Effects of bat composition, grip firmness, and impact location on postimpact ball velocity <i>Andrew S. Weyrich, Stephen P. Messier, Brian S. Ruhmann, and Michael J. Berry</i>	199
A three-dimensional analysis of angular momentum in the hammer throw <i>Jesús Dapena and Craig McDonald</i>	206
Predictors of competitive trait anxiety in male youth sport participants <i>Rebecca Lewthwaite and Tara K. Scanlan</i>	221
Failure of target heart rate to accurately monitor intensity during aerobic dance <i>S. B. Parker, B. F. Hurley, D. P. Hanlon, and P. Vaccaro</i>	230

Letter to the Editor-in-Chief

Letter to the Editor-in-Chief <i>Rory A. Cooper</i>	235
Response <i>Kenneth D. Coutts and Robert W. Schutz</i>	236

Volume 21, No. 3, 1989

Clinical Sciences

Clinical Investigations

Orthopedic history and examination in the etiology of overuse injuries <i>Leslie C. Montgomery, Fred R. T. Nelson, James P. Norton, and Patricia A. Deuster</i>	237
--	-----

The long-term involution of physiological cardiomegaly and cardiac hypertrophy <i>Hans-Hermann Dickhuth, Thomas Horstmann, Joachim Staiger, Herbert Reindell, and Joseph Keul</i>	244
Lower prevalence of non-reproductive system cancers among female former college athletes <i>Rose E. Frisch, Grace Wyshak, Nile L. Albright, Tenley E. Albright, and Isaac Schiff</i>	250
The effect of prophylactic knee bracing on performance <i>Gary A. Storz, Nih-Mey Chen, Cindi A. Gold, and Patricia A. Frye</i>	254
Evaluation of oculomotor response in relationship to sports performance <i>Gary Harbin, Les Durst, and Don Harbin</i>	258
The effects of prelatent/latent iron deficiency on physical work capacity <i>Ian J. Newhouse, Douglas B. Clement, Jack E. Taunton, and Donald C. McKenzie</i>	263
Basic Sciences/Regulatory Physiology	
Original Investigations	
Gastric emptying: influence of prolonged exercise and carbohydrate concentration <i>J. B. Mitchell, D. L. Costill, J. A. Houmard, W. J. Fink, R. A. Robergs, and J. A. Davis</i>	269
The effects of glucose, fructose, and sucrose ingestion during exercise <i>Robert Murray, Gregory L. Paul, John G. Seifert, Dennis E. Eddy, and George A. Halaby</i>	275
Urinary 3-methylhistidine excretion increases with repeated weight training exercise <i>James M. Pivarnik, James F. Hickson, Jr., and Ira Wolinsky</i>	283
Alterations in plasma lipids consequent to endurance training and beta-blockade <i>Alan R. Morton, Philip R. Stanforth, Beau J. Freund, Michael J. Joyner, Sarah M. Jilka, Albert A. Hartzell, Gordon A. Ewy, and Jack H. Wilmore</i>	288
Cardiac output at rest and in exercise in elderly subjects <i>Gerard N. McElvaney, Stephen P. Blackie, Nancy J. Morrison, Mary Sue Fairbairn, Pearce G. Wilcox, and Richard L. Pardy</i>	293
Applied Sciences	
Original Investigations	
The effect of the squat exercise on knee stability <i>T. Jeff Chandler, G. Dennis Wilson, and Michael H. Stone</i>	299
Prediction of torque acceleration energy and power of thigh muscles from peak torque <i>Pekka Kannus and Markku Järvinen</i>	304
Improvement in maximal isokinetic cycle ergometry with cardiac rehabilitation <i>Neil B. Oldridge, Neil McCartney, Audrey Hicks, and Norman L. Jones</i>	308
Maximal isokinetic cycle ergometry in patients with coronary artery disease <i>Neil McCartney, Neil B. Oldridge, Audrey Hicks, and Norman L. Jones</i>	313
Physiological parameters related to distance running performance in female athletes <i>Louanne Fay, B. R. Londeree, T. P. LaFontaine, and M. R. Volek</i>	319
Effect of a triathlon wet suit on drag during swimming <i>Huib M. Toussaint, Lex Bruinink, Remco Coster, Michiel de Looze, Bas van Rossem, Ruurd van Veenen, and Gert de Groot</i>	325
Exercise and self-esteem: rationale and model <i>Robert J. Sonstroem and William P. Morgan</i>	329
Special Communications	
Methods	
Validation of a heart rate monitor with children in laboratory and field settings <i>Frank A. Treiber, Linda Musante, Sandra Hartdagan, Harry Davis, Maurice Levy, and William B. Strong</i>	338
Assessment of energy expenditure by recording heart rate and body acceleration <i>Gerwin A. Meijer, Klaas R. Westerterp, Hans Koper, and Foppe ten Hoor</i>	343
Technical Note	
Analysis of commercial samples of dimethyl sulfoxide <i>W. Preston Reeves, Mark Creswell, and William G. Squires</i>	348
Erratum	349
Corrigendum	349
Volume 21, No. 4, 1989	
Editorial: What is science?	351
Clinical Sciences	
Clinical Symposium: The Role of Exercise in the Management of Patients with Diabetes	
Overview of diabetes mellitus and exercise <i>Jean-Marie Ekoe</i>	353

Acute exercise: fuel homeostasis and glucose transport in insulin-dependent diabetes mellitus <i>Harriet Wallberg-Henriksson</i>	356
Acute effects of exercise on glucose tolerance in non-insulin-dependent diabetes <i>Marc A. Rogers</i>	362
Clinical Investigations	
Effect of two formulations of a beta blocker on fibrinolytic response to maximum exercise <i>Mahmoud S. El-Sayed and Bruce Davies</i>	369
Effect of strenuous exercise on blood monocytes and their relation to coagulation <i>Bjarne Østerud, Jan O. Olsen, and Line Wilsigård</i>	374
Musculoskeletal injuries associated with physical activity in older adults <i>Gordon A. Matheson, James G. Macintyre, Jack E. Taunton, Douglas B. Clement, and Robert Lloyd-Smith</i>	379
The effects of anabolic steroids and strength training on the human immune response <i>Leonard H. Calabrese, Susan M. Kleiner, Barbara P. Barna, Christine I. Skibinski, Donald T. Kirkendall, Robert G. Lahita, and John A. Lombardo</i>	386
Basic Sciences/Regulatory Physiology	
Basic Sciences Symposium: The Role of Calcium in Striated Muscle	
The regulatory role of calcium in striated muscle <i>Charlotte A. Tate and George E. Taffet</i>	393
Ca ²⁺ transport across the plasma membrane of striated muscle <i>Glen F. Tibbits and Marion J. Thomas</i>	399
The role of calcium in the control of respiration by muscle mitochondria <i>Jeanie B. McMillin and Michael G. Madden</i>	406
Mechanisms of excitation-contraction coupling in skinned muscle fibers <i>Sue K. Donaldson</i>	411
Original Investigations	
Physiological responses to caffeine during endurance running in habitual caffeine users <i>Mark A. Tarnopolsky, Stephanie A. Atkinson, J. Duncan MacDougall, Digby G. Sale, and John R. Sutton</i>	418
Ventilatory threshold and $\dot{V}O_{2max}$ changes in children following endurance training <i>Anthony D. Mahon and Paul Vaccaro</i>	425
Mass and fiber cross-sectional area of soleus muscle grafts following training <i>Kathryn I. Clark, Pedro G. Morales, and Timothy P. White</i>	432
Does exercise training alter myocardial creatine kinase MB isoenzyme content? <i>Todd D. Miller, Paul J. Rogers, Brent A. Bauer, John F. O'Brien, Ray W. Squires, Kent R. Bailey and Alfred A. Bove</i>	437
Applied Sciences	
Original Investigations	
Vitamin status of young athletes including the effects of supplementation <i>Jean-Claude Guillard, Thierry Penaranda, Corinne Gallet, Vincent Boggio, Françoise Fuchs, and Jacques Klepping</i>	441
A biomechanical analysis of the sticking region in the bench press <i>Bruce C. Elliott, Gregory J. Wilson, and Graham K. Kerr</i>	450
Knee kinematics: the effects of running on cambers <i>Gale M. Gehlsen, Lawrence B. Stewart, C. Van Nelson, and Janelle S. Bratz</i>	463
Stride length in distance running: velocity, body dimensions, and added mass effects <i>Peter R. Cavanagh and Rodger Kram</i>	467
Special Communications	
Methods	
A comparison of methods used to determine $\dot{V}O_2$ of exercising humans and animals <i>Kevin I. Norton, Michael D. Delp, William K. Prusaczyk, and Robert B. Armstrong</i>	480
Letter to the Editor-in-Chief	
Letter to the Editor-in-Chief <i>Everett Harman</i>	487
Response <i>Ove Ohlsson</i>	487
Information for Authors	i
Policy Statement Regarding the Use of Human Subjects and Informed Consent	v
Policy Statement of the American College of Sports Medicine on Research with Experimental Animals	vi

Volume 21, No. 5, 1989

Clinical Sciences

Clinical Investigations

- Effect of consecutive exercise bouts on plasma potassium concentration during exercise and recovery
Martin W. Busse and Norbert Maassen 489
- Prevalence of anabolic steroid use by male and female adolescents
Robert Windsor and Daniel Dumitru 494
- Combined effects of aerobic exercise and omega-3 fatty acids in hyperlipidemic persons
James G. Warner, Jr., Irma H. Ullrich, Margaret J. Albrink, and Rachel A. Yeater 498
- Computed tomography of hamstring muscle strains
William E. Garrett, Jr., F. Ross Rich, Pantelis K. Nikolaou, and James B. Vogler, III 506

Basic Sciences/Regulatory Physiology

Brief Review

- A review: exercise and its influence on resting energy metabolism in man
Eric T. Poehlman 515

Original Investigations

- Modeling the effect of alterations in hemoglobin concentration on $\dot{V}O_{2max}$
Gordon L. Warren and Kirk J. Cureton 526
- Fluid replacement during and after exercise in the heat
Jill E. Carter and C. V. Gisolfi 532
- Exercise and training effects on gastric emptying of carbohydrate beverages
N. J. Rehrer, E. Beckers, F. Brouns, F. ten Hoor, and W. H. M. Saris 540
- High-intensity exercise performance is not impaired by low intramuscular glycogen
J. David Symons and Ira Jacobs 550
- Exercise training produces changes in free and conjugated catecholamines
Brent A. Bauer, Paul J. Rogers, Todd D. Miller, A. A. Bove, and G. M. Tyce 558
- Increased training intensity effects on plasma lactate, ventilatory threshold, and endurance
Edmund O. Acevedo and Allan H. Goldfarb 563

Applied Sciences

Original Investigations

- Longitudinal assessment of responses by triathletes to swimming, cycling, and running
W. M. Kohrt, J. S. O'Connor, and J. S. Skinner 569
- Influence of body hair removal on physiological responses during breaststroke swimming
Rick L. Sharp and David L. Costill 576
- Cardiovascular responses during upright and semi-recumbent cycle ergometry testing
Margaret Walsh-Riddle and James A. Blumenthal 581
- Active recovery, endurance training, and the calculation of the individual anaerobic threshold
Tom M. McLellan and Ira Jacobs 586
- Carbonic anhydrase III and collagen markers in serum following cross-country skiing
Timo E. S. Takala, J. Juhani Vuori, Paavo J. Rakkila, Ensio O. Hakala, Jarmo A. Karpakka, Markku J. Alen, Y. Sakari Orava, and H. Kalervo Väänänen 593
- Effects of 4 h preexercise carbohydrate feedings on cycling performance
William M. Sherman, Gary Brodowicz, David A. Wright, William K. Allen, John Simonsen, and Arthur Dernbach 598
- Effects of hydraulic circuit training on cardiovascular function
Robert Haennel, Koon-Kang Teo, Art Quinney, and Tissa Kappagoda 605
- Effect of load, cadence, and fatigue on tibio-femoral joint force during a half squat
Heather C. Hattin, Michael R. Pierrynowski, and Kevin A. Ball 613
- Material moderation of plantar impact stress
Ted S. Gross and Richard P. Bunch 619

Letter to the Editor-in-Chief

- Letter to the Editor-in-Chief
George Vagenas and T. B. Hoshizaki 625
- Response
Walter Herzog, Benno M. Nigg, Lynda J. Read, and Ewa Olsson 626

Volume 21, No. 5 (Supplement), 1989—Special Symposium Issue

Clinical Sciences

Upper Body Exercise: Physiology and Practical Considerations

Chairperson: Michael N. Sawka

Introduction: upper body exercise: physiology and practical considerations <i>Michael N. Sawka</i>	S119
Cardiovascular, respiratory, and metabolic responses to upper body exercise <i>David R. Pendergast</i>	S121
Cardiovascular responses to upper body exercise in normal and cardiac patients <i>Daniel S. Miles, Michael H. Cox, and Jeffrey P. Bomze</i>	S126
Temperature regulation during upper body exercise: able-bodied and spinal cord injured <i>Michael N. Sawka, William A. Latzka, and Kent B. Pandolf</i>	S132
Aerobic exercise training programs for the upper body <i>Barry A. Franklin</i>	S141
Arm exercise training for wheelchair users <i>Roger M. Glaser</i>	S149

Basic Sciences/Regulatory Physiology

Satellite Cell and Growth Factor Involvement in Skeletal Muscle Growth

Chairperson: Timothy P. White

Satellite cell and growth factor involvement in skeletal muscle growth <i>Timothy P. White and Karyn A. Esser</i>	S158
Analysis of muscle regeneration using single myofibers in culture <i>Richard Bischoff</i>	S164
Fibroblast growth factor is stored in fiber extracellular matrix and plays a role in regulating muscle hypertrophy <i>S. Yamada, N. Buffinger, J. DiMario, and R. C. Strohman</i>	S173
Satellite cell behavior during skeletal muscle growth and regeneration <i>Edward Schultz</i>	S181
Ventricular myosin expression in developing and regenerating muscle, cultured myotubes, and nascent myofibers of overloaded muscle in the chicken <i>John M. Kennedy, Lauren J. Sweeney, and Lizhu Gao</i>	S187

Applied Sciences

The Ultraendurance Triathlete: Physiologic and Medical Considerations

Chairpersons: Mary L. O'Toole and Pamela S. Douglas

Introduction: the ultraendurance triathlete: physiologic and medical considerations <i>Mary L. O'Toole and Pamela S. Douglas</i>	S198
Physiologic testing of the ultraendurance triathlete <i>Melinda S. Roalstad</i>	S200
Nutritional concerns of the ultraendurance triathlete <i>Elizabeth Applegate</i>	S205
Training for ultraendurance triathlons <i>Mary L. O'Toole</i>	S209
Cardiac considerations in the triathlete <i>Pamela S. Douglas</i>	S214
Dehydration and hyponatremia during triathlons <i>W. Douglas B. Hiller</i>	S219
Medical care at ultraendurance triathlons <i>Robert H. Laird</i>	S222

Volume 21, No. 6, 1989

Announcement	627
--------------------	-----

Clinical Sciences

Clinical Investigations

Endurance training and blood pressure in normotensive and hypertensive adults <i>Roger M. Gilders, Cathleen Voner, and Gary A. Dudley</i>	629
Effects of blood transfusions on some hematological variables in endurance athletes <i>Bo Berglund, Gunnar Birgegård, Leif Wide, and Peter Pihldstedt</i>	637
The frequency of anemia and iron deficiency in the runner <i>Edward P. Balaban, John V. Cox, Peter Snell, Robert H. Vaughan, and Eugene P. Frenkel</i>	643

Basic Sciences/Regulatory Physiology

Original Investigations

Muscle fiber-specific glycogen utilization in strength-trained males and females <i>Douglas G. Bell and Ira Jacobs</i>	649
Effects of run-training and swim-training at similar absolute intensities on treadmill $\dot{V}O_{2max}$ <i>Debbie C. Lieber, Richard L. Lieber, and William C. Adams</i>	655
Effect of exercise intensity and duration on postexercise energy expenditure <i>Darlene A. Sedlock, Jean A. Fissinger, and Christopher L. Melby</i>	662

Applied Sciences

Symposium: Resistive Weight Training: A New Approach to Exercise for Cardiac and Coronary Disease Prone Populations

Chairpersons:—Kerry J. Stewart and Michael H. Kelemen

Introduction to the symposium: resistive weight training: a new approach to exercise for cardiac and coronary disease prone populations <i>Kerry J. Stewart</i>	667
Aerobic and resistive exercise modify risk factors for coronary heart disease <i>Andrew P. Goldberg</i>	669
Resistive training safety and assessment guidelines for cardiac and coronary prone patients <i>Michael H. Kelemen</i>	675
Resistive training effects on strength and cardiovascular endurance in cardiac and coronary prone patients <i>Kerry J. Stewart</i>	678
Psychological effects of resistive weight training: implications for cardiac patients <i>Craig K. Ewart</i>	683
Effects of resistive training on lipoprotein-lipid profiles: a comparison to aerobic exercise training <i>Ben F. Hurley</i>	689
Effects of resistive training on left ventricular function <i>Mark B. Efton</i>	694

Special Communications

Methods

Automated blood pressure measurements during exercise <i>J. Timothy Lightfoot, Clarke Tankersley, Stuart A. Rowe, Arthur N. Freed, and Suzanne M. Fortney</i>	698
--	-----

Contents of Volume 21	i
-----------------------------	---

Author Index for Volume 21	viii
----------------------------------	------

Key Word Index for Volume 21	xi
------------------------------------	----

Reviewers for 1989	xvi
--------------------------	-----